BECOME A LIFEGUARD

The City of Yuma will be hosting Lifeguard Certification courses every weekend starting April 9th through May 23rd. Courses will utilize the single weekend American Red Cross training format, meaning you could become certified in just 2.5 days! Also, if you join the City of Yuma and work 20 hours a week in June & July, we will reimburse your $150 course fee!

CLASS DATES

APRIL 9 – APRIL 11	APRIL 30 – MAY 2	MAY 21 – MAY 23
APRIL 16 – APRIL 18	MAY 7 – MAY 9	MORE DATES TBD
APRI 23 – APRIL 26	MAY 14 – MAY 16	

COURSE BREAKDOWN

All coursework completed at either Valley Aquatic Center or Marcus Pool in the City of Yuma

STEP 1: FRIDAY 5:00PM – 7:30PM (estimate): Pre-requisite testing, which includes:

1. Minimum age of 15 at completion of the course
2. Swim 500 yards continuously using these strokes in the following order:
   a. 200 yards Front Crawl
   b. 100 yards Breaststroke
   c. 200 yard of either: rhythmic breathing front crawl, or breaststroke
3. Submerge to a minimum depth of 12 feet, retrieve a 10 lb. object, and return to the entry point with object in hands; AND keep face above the water while treading water for 2 minutes using only legs
4. If you pass these pre-requisites, you will be invited to continue on in the course

STEP 2: SATURDAY & SUNDAY 8:00AM – 6:00PM (estimate): Required training, coursework, and certification

REGISTRATION INFORMATION

Registration Fee of $150

Fee reimbursed if you join Team Yuma as a Lifeguard, Pool Manager, or Swim Instructor and work 20 hours a week in June & July

IN PERSON: Visit the City of Yuma Parks & Recreation Offices (One, One City Plaza, Yuma)
BY PHONE: Please call 1.928.373.5200
EMAIL: Jason.Nau@yumaaz.gov and title your email "LIFEGUARD REGISTRATION"
             and provide your name and contact phone number